



**ADDITIVE AWARENESS & ACTION  
READ THE LABELS!**

**Do you KNOW exactly  
what you & your family  
are eating & drinking?**



**WATCH OUT FOR: \*Contains a source of phenylalanine**

**Many trusted brands & products contain  
a toxic poison called ASPARTAME!**

**Aspartame accounts for over 75% of the adverse reactions to  
food additives reported to the Food & Drug Administration.**

**Many of these 92 reactions are very serious including  
SEIZURES, ADHD, SLEEP PROBLEMS, OBESITY & DEATH.**

**Do you STILL want to risk giving this to your children?**

**ALWAYS READ THE LABELS of the food & drink you buy!  
EDUCATE YOURSELF on what you & your family are consuming!  
Also beware of other insufficiently tested sweeteners such as  
SUCRALOSE, SACCHARIN & ACESULFAME K!**

**PLEASE COPY & SHARE THIS INFORMATION - copyright-free leaflet  
by the National Health Federation in Wales  
For more information or to download pre-written letters for you to send to local  
schools, nurseries, diet clubs, playgroups, etc please see our website:  
[www.thenhf.co.uk](http://www.thenhf.co.uk)**



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